



Anxiety & Depression
Association of America
Triumphing Through Science, Treatment, and Education

2025

ADAA 2025 IMPACT REPORT

FROM RESEARCH TO THERAPY:
IMPROVING MENTAL HEALTH FOR ALL

www.adaa.org



OUR MISSION

ADAA raises awareness about the causes of and best treatments for anxiety, depression, and related disorders by disseminating cutting-edge science, promoting evidence-based clinical practice, and educating professionals and the public.



Laurie Dameron

[READ MY STORY](#)



Nieisha Deed

[READ MY STORY](#)



Ryan Basen

[READ MY STORY](#)



Jarek Tadla

[READ MY STORY](#)

OUR VISION

ADAA envisions a future where all affected by anxiety, depression, and related disorders can access the help they need to lead fulfilling lives.

We are grateful to these ADAA personal story authors for sharing their stories.

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Peter Roff

[READ MY STORY](#)

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ADAA PRESIDENT AND EXECUTIVE DIRECTOR'S MESSAGE



Advancing Our Mental Health Mission Together

At the Anxiety and Depression Association of America (ADAA), we are committed to **improving lives through collaboration, research, education, and innovation**. Every day, we work to advance understanding and treatment of anxiety, depression, PTSD, OCD, and related mental health disorders, while supporting both professionals and the public.

This year, we launched our new **2025–2028 Strategic Plan**—a clear roadmap to advance our mission and vision. This plan reflects the priorities of our members and reaffirms ADAA's vital role in supporting mental health professionals and the communities they serve. With direction in place, ADAA is now focused on achieving specific goals tied to our strategic priorities over the next three years.

We thank our members, Board Members, donors, sponsors, community partners, and those with lived experience for their engagement.

Expanding Education and Outreach

In April, ADAA hosted a successful **in-person interdisciplinary Education Conference** in Las Vegas, featuring over 150 education sessions, which provided cutting-edge insights into anxiety, depression, trauma, and resilience.

We also offered numerous **professional education webinars** on anxiety and depression, along with free webinars and blogs for the public.

We are grateful to our generous sponsors [Evernorth Health Services](#), [McLean Hospital](#) and [Vistagen Therapeutics](#), who collaborated with ADAA to launch a **series of educational health-literate videos for the public and professionals** on subjects ranging from postpartum PTSD, substance use disorder, and social anxiety, to eating disorders, anxiety, depression, and prescription digital therapeutics (PDT). These videos have reached thousands of viewers on [ADAA's YouTube channel](#) underscoring the value of accessible mental health education.

New Initiatives and Partnerships

In 2023, ADAA launched its own **open-access scientific journal**, *The Journal of Mood and Anxiety Disorders*®, published by Elsevier. By the end of 2025, we will have released 12 issues, covering topics from genetic predictors of anxiety to the impact of screen media on youth.

We also launched a **new educational partnership with Psych Central** to produce a **10-episode free podcast series**. The series makes important mental health topics—such as anxiety, depression, trauma, and self-care—more relatable and accessible, featuring evidence-based insights from trusted ADAA professionals.

Gratitude and Collaboration

These accomplishments were made possible through the dedication of **ADAA's Board of Directors, members, and staff**, and through the generous support of our **sponsors, partners, foundations, and donors**. Many of our corporate partners, including small, independently owned businesses, share proceeds from their sales to help advance our mission.

Together, we are raising awareness, providing education to millions, and working to end the stigma around mental illness. **We are proud and grateful to serve such a meaningful, mission-driven organization.**

Best Regards,

Susan K. Gurley

Susan K. Gurley, JD
Executive Director

Helen Blair Simpson

Helen Blair Simpson, MD, PhD
ADAA Board President

ADAA 2025–2028 STRATEGIC PLAN



ELEVATE

Our Brand

Serve as the trusted preeminent resource for professionals and the public regarding anxiety, depression, and related disorders.



ADVANCE

Science, Evidence-Based Practice and Education

Establish ADAA as a leading authority translating research into clinical practice through promoting evidence-based care and education.



ENGAGE

Members in ADAA's Mission

Foster a strong and active community of ADAA members.



ENVISION

Our Future

Create an organizational structure to ensure a sustainable and thriving future.



Our 2025–2028 Strategic Plan is a **roadmap to advance our mission and vision**. It reflects the priorities of our members and reaffirms ADAA's vital role in **supporting mental health professionals and the communities they serve**.

ADAA'S PUBLIC COMMUNITY



Victoria Cruell

[READ MY STORY](#)



Chris Maliszewski

[READ MY STORY](#)



Pat Reese

[READ MY STORY](#)



Rebecca Allen

[READ MY STORY](#)

We are grateful for the 2025 ADAA personal story authors for sharing their stories.

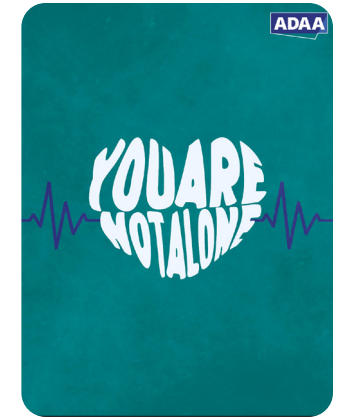
THOSE WE SUPPORT



[READ MY STORY](#)

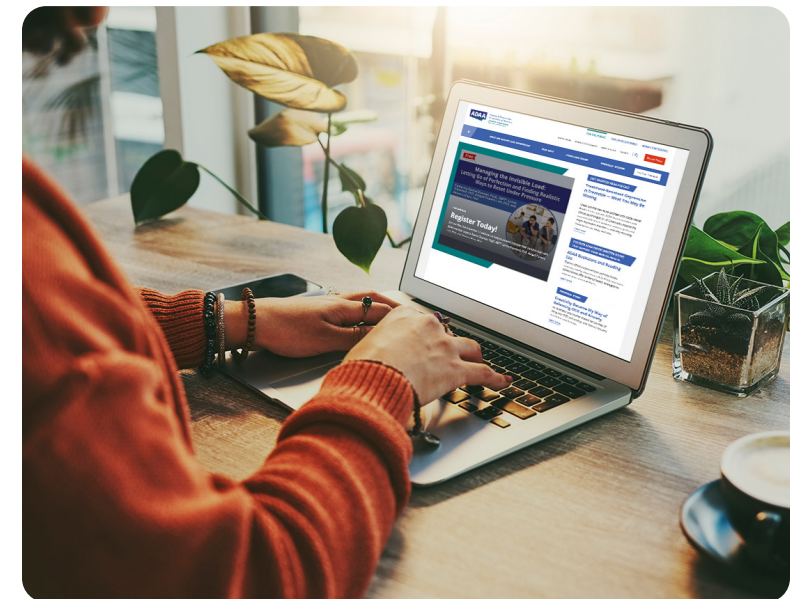
"I created a series of posters for ADAA featuring metaphorical typography and impactful illustrations. The goal was to raise awareness, encourage open dialogue, and help break the stigma surrounding mental health. Through this work, I hope to inspire others to seek help, show compassion, and understand that they're not alone."

- Jude-Gabriel Eveillard, Personal Story Author



ADAA's website and outreach channels offer free trusted treatment information, evidence-based education, and supportive resources.

- **Learn about** treatment options and [find a therapist](#).
- **Connect with** others and [share support](#).
- **Access resources** for all ages and communities.
- **Explore** [blogs](#), [books](#), [webinars](#), and [podcasts](#).
- **Stay informed with** ADAA's free [Triumph newsletter](#).



19.1%

of U.S. adults had any anxiety disorder in the past year.

11%

of U.S. children ages 3-17 had current, diagnosed anxiety.

322M

people worldwide live with depression.

19.7%

of Black and African American adults have experienced a mental health condition within the past year.

VOICES OF HOPE AND RESILIENCE

Each year, ADAA receives powerful personal stories from our community—individuals and families who have faced anxiety, depression, and related disorders. Their journeys of struggle, resilience, and triumph remind us that no one is alone in this fight.

These stories are more than words, they are lifelines. They inspire others to seek help, to believe in healing, and to know that hope and recovery are possible. **We are honored to share their voices and to continue building a community grounded in understanding, compassion, and strength.**



“When I don’t feel well, I speak up. I’m no longer afraid to ask for help. I shared my story with ADAA because I believe getting the message out there will enable others to feel safe and less alone. I spent 35 years surviving. Today, I am thriving in recovery. I enjoy life. I dream of a day where mental health support is stigma-free, equitable, accessible, and affordable for all.”

– Maddie Andrews, Personal Story Author

[READ MY STORY](#)

An estimated **23 MILLION** adults in the U.S. are affected by specific disorders each year.



“While researching Bipolar 1 Disorder, I discovered ADAA. Hearing similar stories from other people with mental health issues made me not feel so alone. I wanted to share my story with ADAA to help anyone who may relate to what I went through.”

– Jason Brazao, Personal Story Author

[READ MY STORY](#)

“I chose to share my story with ADAA because of their dedication to supporting individuals affected by anxiety and depression. Their platform provides a compassionate space for people to connect, share experiences, and find helpful resources. I believe my story could contribute to raising awareness, reducing stigma, and offering hope to others who are struggling with anxiety.”

– Lenibell Marak, Personal Story Author



[READ MY STORY](#)

An estimated **7 MILLION** adults in the U.S. are affected by panic disorders each year.

“Supporting ADAA was a natural next step after our campaign. Their mission to #BreakTheStigma perfectly aligns with ours, and we’re proud to contribute to a larger movement prioritizing mental health. Unwind Your Mind (a campaign focused on raising awareness about anxiety, especially the kind fueled by academic and social pressures) showed us that even in competitive environments, compassion can make a lasting difference.”

– Chloe Jang, Ava Samuel, and Jacinthe Tong, Lambert High School (Georgia) Students and Personal Story Authors



[READ MY STORY](#)

An estimated **22%** of BIPOC adults have experienced a mental illness.

“I chose to share my story with ADAA because writing became my therapy. I know how isolating anxiety, depression and bereavement can feel, and I hope my experience encourages others to try creative expression, journaling, poetry or storytelling, for healing and self-understanding.”

– Ayo Deforge, Personal Story Author



[READ MY STORY](#)

GROWING ADAA'S DIGITAL IMPACT IN 2025






ADAA continues to strengthen its digital reach, engaging a growing global community through our website, newsletters, and social media. We share powerful personal stories, drive awareness through targeted campaigns, and spotlight the latest research and resources that advance our mission.

Our free peer-to-peer communities—supporting anxiety, depression, related disorders, and Spanish-speaking audiences—provide safe, welcoming spaces for individuals to connect and learn from one another.


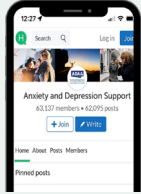

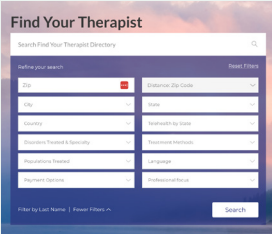
Together, these digital efforts foster understanding, reduce stigma, and inspire hope worldwide.







Social Media

 57K members (page/group)	 55K followers	 18K followers
 20K followers	 34K subscribers	




ADAA Online Support Communities

 100K+ subscribers (English & Spanish)	
 7,000+ weekly views of ADAA's Find Your Therapist Directory	

Public Community Education

 65 blogs	 42 webinars
 10 podcasts	 16 videos

Website & Newsletters

 2.16 M website visitors (unique annual)	 50K <i>Triumph</i> subscribers (public newsletter)	 15K <i>Insights</i> subscribers (professional newsletter)
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ADAA's Mental Health Animated Video Series

With support from our generous sponsors [Evernorth Health Services](#), [McLean Hospital](#) and [Vistagen Therapeutics](#), ADAA added to our library of "What Is" educational health-literate videos for the public and professionals, and also created new webinars on various mental health topics.

Sponsored by Evernorth Health Services

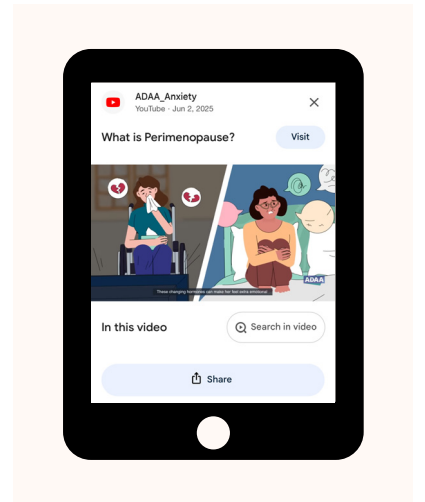
- [What is Perimenopause?](#)
- [¿Qué es la Perimenopausia?](#)
- [What is Prescription Digital Therapeutics?](#)
- [What is Prescription Digital Therapeutics? \(for Mental Health Professionals\)](#)
- [¿Qué es una Prescripción Terapéutica Digital?](#)

Sponsored by McLean

- [What is Borderline Personality Disorder \(BPD\)?](#)
- [What is Postpartum PTSD?](#)
- [What is Substance Use Disorder?](#)

Sponsored by Vistagen Therapeutics

- [What is Social Anxiety Disorder?](#)



Inside Mental Health Podcast



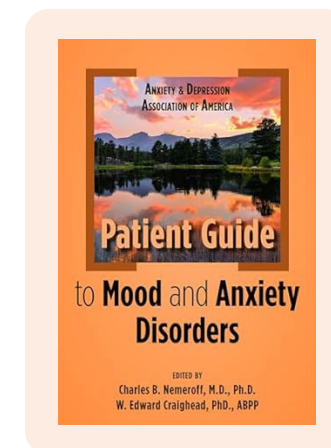
This year, ADAA partnered with [Psych Central](#) and [Inside Mental Health](#) to launch [10 podcasts](#) this year providing evidence-based, easy-to-understand information about a variety of mental health disorders from trusted, expert mental health professionals. Hosted by Gabe Howard,

Inside Mental Health is a podcast that aims to make mental health more accessible. The inaugural season was such a success (with more than 60,000 downloads to date) that we are expanding in 2026 to include 12 more episodes. A special thank you to [Evernorth Health Services](#), [McLean Hospital](#), and [Johnson & Johnson](#) for their educational sponsorship and helping to make the show a success!



Patient Guide to Mood and Anxiety Disorders

[ADAA's Patient Guide to Mood and Anxiety Disorders](#) is a public-friendly resource that explains mental health conditions like anxiety, depression, and related disorders. It breaks down what these disorders are, what symptoms can look like, and what treatments are available. The guide is published by the American Psychiatric Association.



ADAA's [Self-Help Bookstore](#) offers a rich collection of books written by our renowned mental health expert members—offering trusted, evidence-based tools and insights for healing and growth.



ADAA'S COLLABORATIVE PARTNERS

ADAA is proud to partner with national and international nonprofits, companies, and mental health organizations that share our mission to improve the lives of those affected by anxiety, depression, and related disorders. Together, we expand our reach, amplify our impact, and provide free, evidence-based resources to our members and the public. Together, we change lives.

We welcome the opportunity to build new collaborative partnerships that advance mental health awareness, research, and care.

Interested in partnering with ADAA? Please contact Katie Russo at krusso@adaa.org.

ADAA Corporate Sponsors



"Our partnership with ADAA has been an incredible experience. Their mission-driven work to support patients, families, and clinicians is exemplary and McLean has been proud to work with ADAA through developing and publishing integral and innovative mental health content. We could not be more grateful to collaborate with such an outstanding organization and are looking forward to continuing our partnership in 2026."

– James M. Holsomback, Director of Marketing and Clinical Outreach, [McLean Hospital](https://www.mcleanhospital.org)

ADAA Community Partners

"The National Eating Disorders Association (NEDA) is grateful to have ADAA as a valued partner in our work to promote early intervention and to educate others about the co-occurrence of eating disorders alongside other mental health concerns."



– Doreen Marshall, PhD, Chief Executive Officer, Officer, [NEDA](https://www.neda.org)



"For many years, the IOCDF has been proud to partner with ADAA! Our valued partnership has been built on our shared missions to advance professional education, raise awareness, and reduce stigma. Together, this collaboration has elevated all our efforts, improving the lives of those impacted by OCD, anxiety and related disorders."



– Liz Lindley, Director, External Relations & Partnerships, [International OCD Foundation](https://www.iocdf.org)



Aneela Idnani,
Personal Story Author

MEET ADAA'S DONORS

Individual and Foundation Gifts

At ADAA, we are deeply grateful to every individual, family, foundation, business, and corporation that supported our mission this fiscal year. Your generosity fuels our mission to improve lives, advance research, and raise awareness about anxiety, depression, and related disorders.

[READ MY STORY](#)

We also extend heartfelt thanks to those who give in honor or in memory of loved ones, host fundraisers, share business proceeds, participate in workplace giving, or make legacy gifts. Every contribution, large or small, creates meaningful, lasting impact. **Together, we are breaking stigma, strengthening hope, and changing lives. Thank you for standing with us.**



Donate
to ADAA

Major Donors (Gifts over \$1,000)

- | | |
|---------------------------------|--|
| Be Your Possible | Martin Paulus |
| Colleen Castonguay | Pura Vida Bracelets
(Creative Genius Corporation) |
| Hudson Leogrande,
Comfrt.com | Sermo.com |
| Elizabeth Hanlon | Patricia Schraff |
| Susan Kropf | Helen Blair Simpson |
| Lakeshore Management Inc | Stephen and Stacy
Strakowski |
| Leslie Leonhardt | Talon Communications Inc. |
| Sanjay and Desi Mathew | |

Foundation and Family Fund Gifts

- | | |
|--|---|
| The Chris & Melody
Malachowsky Family
Foundation | Retzner Family
Charitable Fund |
| Cooper Family Foundation | Singleton Family Fund |
| The Henry Foundation | The Stafford Family
Foundation |
| James and Joan Gardner
Family Foundation | Timothy Gartland
Living Trust |
| Kimberly Lex Family Fund | The Diane and
Howard Wohl Family
Foundation, Inc. |
| Potts Trust Annual Gift | |

"I struggle from bad social anxiety and I know how frustrating and debilitating it can be. I want to donate to ADAA to help others with mental health issues because I believe that your work is improving the lives of many people that go through what I go through daily."

- Shawn Nguyen, ADAA Donor

Recurring Donors

Recurring donors provide vital, year-round support that fuels ADAA's mission. Their monthly gifts help us plan ahead, reach more people, and ensure that resources, research, and hope remain accessible to all who need them. We are deeply grateful for this steadfast community and their commitment to changing lives.

- | | | | | |
|-------------------|---------------------------------|------------------|-------------------------------|----------------------|
| Carolyn Bick | Christopher Galletto | Kimberly Lex | Charlie Simon | Julian Vasquez |
| Ninane Boscia | Mark Grabon | Ahmed Lkayati | Steve and Stacy
Strakowski | Vibe and Glo Candles |
| Evelyn Carrascal | Adam Grossi | Joseph Miller | Devlyn Taylor | Kimberly Vu |
| Erica Corso | Nidhi Gupta | Afshan Mirza | John Telfer | John Wiggins |
| Kathleen Davis | Michael Lakus | Michael Patrizio | Cody Thibeau | Jonathan Winikur |
| Geoff Day | Hudson Leogrande,
Comfrt.com | Craig Penne | | Zhicheng Wu |
| Eazed Apparel LLC | | | | |



"To support others on their mental health journey, \$5 from every Damaged Goods purchase is donated to ADAA. I'm proud to partner with an organization that's creating a mental health community much like the one I hope to build: one where people feel safe being open, supported, and heard. ADAA's work—providing free resources to those in need and advancing research to improve treatment—is invaluable, and I'm honored to be a part of it."

- Cole Rodby, [Damaged Goods Clothing](#)

ADAA Champions

We're deeply grateful to the many individuals who turn their passion into purpose. By walking, running, golfing, biking, and creating peer-to-peer fundraisers, our ADAA Champions inspire hope and drive real change for those affected by anxiety, depression, and related disorders.

Your dedication fuels awareness, builds community, and makes recovery possible. **Together, we're the heartbeat of lasting change.**

"In supporting ADAA we are honoring the memory of a great friend, son and relative. In doing so we hope to help provide resources and support to anyone in need of help in their struggle with anxiety or depression!"



- William Hurley, Organizer of the ADAA
2025 Nick Castonguay Golf Scramble



"My motivation to help those struggling with depression comes from the grief I've experienced after losing my uncle and cousin to suicide. It's a pain no family should ever experience, and it's my goal that with the help of the ADAA, we can make inroads at helping those in need. There is no weakness in asking for help, rather it's one of the bravest things we can do. I hope the work I've done in partnership with ADAA can make a difference. Even if we can help just one person, all the efforts will have been worth it."

-Sebastian Zellmer, ADAA Marathon Fundraising Campaign

Shop With Purpose

When you buy from our partner stores, a portion of every purchase supports ADAA's mission and programs.



"We are truly grateful for the opportunity to stand alongside ADAA, to amplify your mission, and to contribute to a cause that has touched our own lives so deeply. Thank you for the incredible work you continue to do every day to bring light to those who are navigating the darkness."



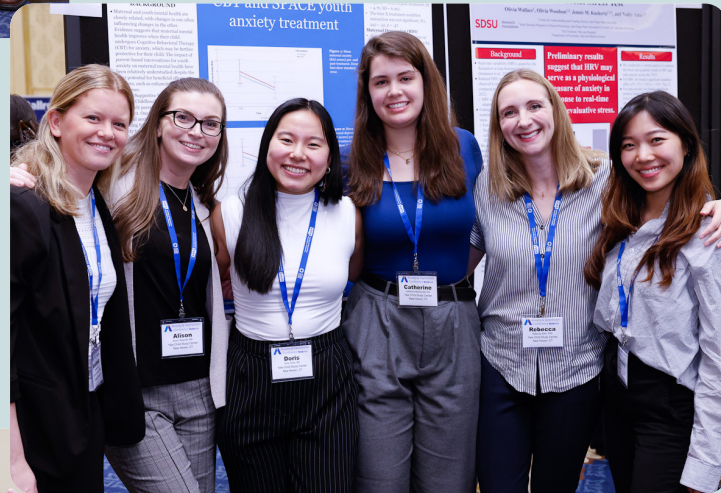
- Angela Baker-Creary, [Moblionairez Streetwear](#)

ADAA PROFESSIONAL MEMBERSHIP



Leading the Way in Mental Health

ADAA is the only multidisciplinary mental health organization uniting the world's leading experts, researchers, clinicians, students, and early-career professionals focused on anxiety, depression, and related disorders.



“ADAA serves a critical function in advancing the field of anxiety and depression by providing a unique forum for the exchange of ideas between researchers and clinicians. This rich interchange serves to stimulate both the advance of research as well as the integration of cutting-edge science into the care of our patients.”

– Mark H. Pollack, MD, Past Board President

Through collaboration, innovation, and education, ADAA accelerates scientific discovery, strengthens clinical practice, and expands access to evidence-based resources—improving the lives of millions affected by these conditions.

“ADAA has greatly helped my growth as an early career professional. I’ve been attending the conferences since I was in graduate school, and really appreciate the integration of clinical and research that is unique to ADAA. ADAA has also helped connect me with mentors that have guided my career and helped me grow as a psychologist.

– Michelle Fernando, PhD



“ADAA and its annual meeting has been my go-to organization for professional development, networking and continuing education. I cannot think of a friendlier, more dedicated group to join in our mutual effort to serve people everywhere who suffer from mental illness related to anxiety, depression and trauma.”

– Karen L. Cassidy, PhD, ADAA Past President

ADAA BOARD OF DIRECTORS

The ADAA volunteer Board of Directors provides strategic and fiscal oversight, upholding ADAA's commitment to organizational excellence.



ADAA's Board of Directors unites distinguished researchers, clinicians, and psychiatrists whose expertise strengthens our mission and drives our impact.

We are deeply grateful for their dedication and volunteer leadership, especially as they balance demanding full-time careers while generously sharing their time and talent with ADAA.

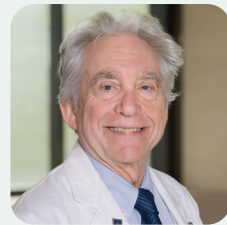
"What an exciting year for ADAA. Working alongside our dedicated board and members to shape our new three-year strategic plan has been an honor. Together, we're advancing science, expanding education, and building a future where anxiety and depression no longer stand in the way of hope."

– Helen Blair Simpson, MD, PhD, ADAA Board President

ADAA Executive Committee



Helen Blair Simpson, MD, PhD
President
Columbia University Medical Center/New York State Psychiatric Institute



Charles B. Nemeroff, MD, PhD
Immediate Past President
Dell Medical School, The University of Texas, Austin



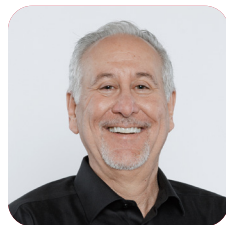
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Emory University School of Medicine



Diego Pizzagalli, PhD
UC Irvine School of Medicine



Michelle Patriquin, PhD, ABPP
UTHealth Houston



Martin Paulus, MD
Laureate Institute for Brain Research



Victoria Risbrough, PhD
University of California San Diego



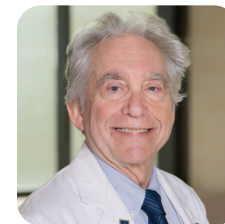
Alicia E. Meuret, PhD
Southern Methodist University, Dallas
Ex Officio Board Member and Scientific Council Chair



Stephen M. Strakowski, MD, PhD
Indiana University School of Medicine (IUSM)
Dell Medical School, University of Texas, Austin
Ex Officio and ADAA Journal Editor-in-Chief

[Full Board Bios](#)

ADAA Past Board Presidents



Charles B. Nemeroff, MD, PhD
Dell Medical School, The University of Texas, Austin



Luana Marques, PhD
Harvard Medical School and Massachusetts General Hospital



Beth Salcedo, MD
The Ross Center for Anxiety & Related Disorders



Karen Cassidy, PhD, ACT
The Anxiety Treatment Center



Mark H. Pollack, MD
Reunion Neuroscience



Terrence M. Keane, PhD
VA Boston Healthcare System



Jerrold F. Rosenbaum, MD
Massachusetts General Hospital



Robert DuPont, MD
Institute for Behavioral Health

ADAA Leadership



Susan K. Gurley
Executive Director



Lise Bram
Deputy Executive Director



Katie Russo
Vice President, Strategic Business Development and Operations

[View All Staff](#)

ADAA PROFESSIONAL MEMBER COMMITTEES AND SPECIAL INTEREST GROUPS



ADAA's Public Education Committee

ADAA professional members develop and expand public education and outreach through website content, webinars, podcasts, videos, blog posts, infographics, social media outreach, and other collaborative educational projects.

Special Interest Groups (SIGs)

ADAA's [Special Interest Groups \(SIGs\)](#) connect members through 11 expert-led communities that foster collaboration, advance research, and deepen expertise in anxiety, depression, and related disorders.



Scientific Council

The Scientific Council serves as an expert advisory body guiding ADAA's scientific and strategic direction. Council members ensure the integrity of ADAA's research and programming, mentor emerging professionals, and advance initiatives that strengthen ADAA's national and international impact in alignment with the 2025–2028 Strategic Plan.

Annual Conference Committee

The Conference Committee develops the theme for the conference, invites experts, reviews submissions, and makes final selections for high quality educational content. A subcommittee oversees the annual CDLP mentoring and professional development program for early career clinicians and researchers.

“Being part of ADAA has given me a true professional home where everyone cares deeply about advancing our field. Through my leadership in the Early Career SIG, I have had opportunities to get involved, organize projects, and see them through with incredible support and collaboration from colleagues who share the same passion for making a difference.”

– Marina Zhukova, PhD

ADAA MEMBERSHIP BENEFITS

Collaborate & Network

- Join a [Special Interest Group](#) or [Committee](#).
- Participate in monthly peer consultations.

Learn & Mentor

- Earn free CEs/CMEs.
- Participate in [live webinars](#) and [watch on-demand webinars](#).
- Enjoy free access to ADAA's [Journal of Mood and Anxiety Disorders](#).®
- Attend the [annual conference](#) at a reduced fee.
- Mentor early career professionals.

Promote & Enhance

- List your practice on [Find Your Therapist](#).
- Post new publications and media placements.
- List [job postings](#) and [clinical trials](#).

Advance ADAA's Public Mission

- Create clear, evidence-based content for [ADAA's website](#), [newsletters](#), and social media.
- Host public and professional programs—[webinars](#), [podcasts](#), [videos](#)—that expand access to mental-health knowledge and support.
- Write accessible [blog posts](#) that translate research and lived experience into practical help for the public.

“ADAA has been a great way to get my CE credits and keep up with new developments in the field. The fact that all trainings are free to members is a tremendous benefit!”

– Tamar Gordon, PhD



Learn more about ADAA Membership

Institutional Membership

[ADAA professional members](#) help expand public education and outreach by partnering with ADAA to share trusted resources—including website content, webinars, podcasts, videos, blog posts, infographics, social media campaigns, and other collaborative projects.

As of this publication, ADAA has 19 Institutional members!



Light on Anxiety

“I can't think of a better way to put my money to work than group membership with the ADAA. To have the opportunity to make ADAA's wealth of professional resources and trainings available to my staff is priceless.”

– Debra Kissen, PhD, MHSA – Founder and CEO, [Light on Anxiety](#)

ADAA ANNUAL CONFERENCE



ADAA's Annual Conference brings together leading clinicians and researchers to advance the science and treatment of anxiety, depression, and related disorders. In 2025, 1,200 professionals gathered in Las Vegas for 150 sessions, engaging speakers, and cutting-edge insights in research and clinical care.

The [2026 Conference](#) will be held in Chicago (April 9–11).



"The ADAA Conference is a highlight of my year... Every time I leave the Conference, I carry with me hope and aspirations for the next year in terms of how I can collaborate with colleagues and sharpen my skills for the individuals I get the opportunity to sit with every day. It never disappoints in its professionalism, wide range of topics, and rejuvenation for the field."

– Angela M. Henry, LCSW

ADAA PROFESSIONAL PUBLICATIONS

Insights

Anxiety & Depression Insights delivers the latest research and mental health news every two weeks from leading experts and journals.



Subscribe to *Insights*

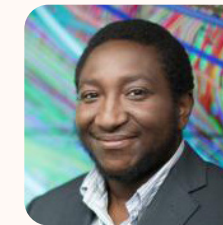


ADAA's *Journal of Mood and Anxiety Disorders*®

Launched in 2023, ADAA's *Journal of Mood and Anxiety Disorders*® has published 12 issues and reached over 100,000 downloads through December 2025. Indexed in PubMed Central and DOAJ, the journal publishes global research advancing science and treatment in mood and anxiety disorders.



Stephen M. Strakowski, MD, PhD
Editor-in-Chief



Olusola Alade Ajilore, MD, PhD
Associate Editor



Erika Wolf, PhD
Associate Editor

Meet the *Journal* Editorial Board

Submit to the *Journal*



"Our mission is to improve education and research and ultimately to ensure optimal treatment is available to all individuals suffering from these very common conditions. The broad scope of ADAA is reflected in the scope of our journal, to represent a true 'bench-to-bedside-to-population' health goal. We're striving to be the highest impact journal, both in traditional metrics and in real-world effects on treatment advances."

– Stephen M. Strakowski, MD, PhD, Editor-in-Chief

ADAA AWARDS PROGRAMS



Promoting careers and professional development is a central focus of ADAA's mission. The [ADAA annual awards](#) program has provided one million dollars to 1000+ aspiring professionals and given them access to a professional home, pairings with senior mentors, and unparalleled networking opportunities.

Member Recognition Awards

ADAA recognizes member participation and commitment to the association and to the community through a number of special annual recognition awards.



Alies Muskin Career Development Leadership Award Program (CDLP)

CDLP offers an environment where ADAA's next generation of leaders can flourish. CDLP is an intensive mentoring and professional development opportunity for early career clinicians and researchers. More than 800 early career professionals have been a part of the CDLP program.



"ADAA's CDLP program was a fantastic experience for me as a new investigator in the field. The mentors, both assigned and available for discussion and networking during the event, were attentive, welcoming, and extremely thoughtful in their advice and guidance...I highly recommend this program to anyone who is interested in applying—you will find yourself a really great experience!"

– Victor Tang, MD, MS, University of Toronto, 2025 CDLP Awardee

"The opportunity to have my own work recognized through the Donald F. Klein Early Career Investigator Award has been truly humbling and inspiring. It also provided wonderful networking opportunities alongside an unparalleled opportunity to have my work showcased. I am extremely grateful."



– Emily M. Becker-Haimes, PhD, University of Pennsylvania's Perelman School of Medicine, 2025 CDLP Klein Awardee



Donald F. Klein Early Investigator Award

Awarded annually, this honor recognizes an early career investigator for the best original research paper focused on the neurobiology, psychopharmacology, psychosocial treatments, or experimental psychopathology of anxiety disorders and depression. It is named in memory of Donald F. Klein, MD (1928–2019).

BIPOC Scholarship Program

Each year, ADAA awards up to ten BIPOC membership scholarships to students and early-career professionals working on anxiety, depression, and related disorders. More than 50 scholars have been supported to date.



"ADAA has persuaded me to continue conducting research that evaluates scalable digital mental health interventions and develops precision mental health models in the Asian region, especially Singapore where I am currently based. Many innovations from the U.S. have a positive ripple effect on the international community, and I am inspired to contribute to that global impact through my work."

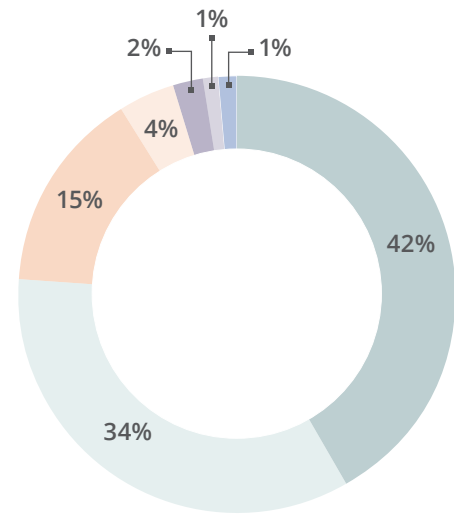


– Nur Hani Zainal, PhD, National University of Singapore, 2025 BIPOC Scholarship Awardee

ADAA BY THE NUMBERS

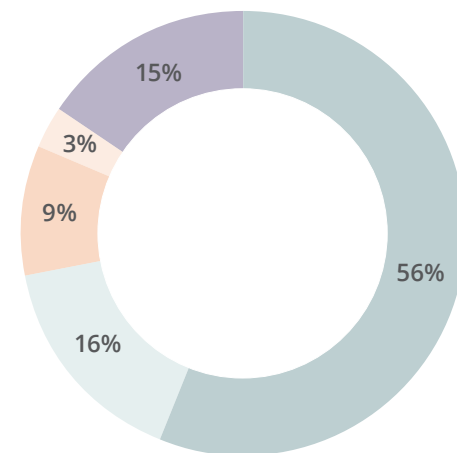
ADAA is pleased to report that the “financial state of our union” is strong and poised for future growth. With deep appreciation, we acknowledge the partnership and dedication of ADAA leadership, staff, volunteers, members, individual, and corporate donors for their commitment, guidance, and support.

Revenue and support without donor restrictions – year ended December 31, 2024.



2024 Revenue

Contributions	\$931,930
Conference Revenue	\$764,827
Membership Dues	\$330,423
Website Advertising	\$96,382
Advertising Revenue	\$49,787
Journal Royalty	\$23,975
Other Income	\$26,708
Total Revenue	\$2,224,032



2024 Expenses

Conferences/ Professional Education	\$1,211,729
Public Outreach and Education	\$343,274
Professional Membership	\$201,387
Fundraising	\$68,118
General and Administrative	\$331,118
Total Expenses	\$2,157,626

“That same purpose is why our partnership with the Anxiety & Depression Association of America (ADAA) means so much. ADAA is doing remarkable work in the mental health space, and their mission deeply aligns with ours. We care immensely about the mental, physical, and emotional well-being of our community—and we’re committed to using our platform to uplift, support, and show up for those who need it most.”

– Hudson Leogrand, Comfrrt.com (Clothing Brand),
ADAA Major Donor and Personal Story Author



Anxiety & Depression
Association of America
Triumphing Through Science, Treatment, and Education

United with our partners and supporters, we advance hope through science, care, and education. Supporting individuals. Empowering professionals. Changing lives, together.

Thank you for your support.



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8701 Georgia Avenue #412
Silver Spring, MD 20910
information@adaa.org
www.adaa.org



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